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TIGER ROARS AGAIN

Woods' Masters victory on Sunday was his first major win in nearly 11 years. 20



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De Blasio tests chilly waters for presidential run. 4

'The Big Bang Theory' family prepares to say goodbye. 16-17

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'Star Wars: The Rise of Skywalker' sees return of Emperor Palpatine

Millions have already viewed the "Rise of Skywalker" trailer online.

The ninth film in the original "Star Wars" saga will be called "The Rise of Skywalker" and will feature the return of the evil Emperor Palpatine to threaten the young heroine Rey and the Resistance, Walt Disney Co. revealed over the weekend.

Disney showed fans attending the "Star Wars Celebration" convention in Chicago the first footage from the movie, which will be released in theaters in December and will conclude the story that began in 1977.

A villainous cackle was heard at the end of the trailer, and the actor who played Palpatine in previous films, Ian McDiarmid, walked onstage to loud applause from an audience of roughly 10,000 fans, many waving colorful lightsabers.

As of Friday afternoon, the "Rise of Skywalker" trailer had been viewed online about 11 million times.

Director J.J. Abrams, speaking alongside a hand-



REUTERS

ful of cast members, said the movie takes place some time after the events of the 2017 film "The Last Jedi."

The footage showed a hug between Princess Leia, played by the late Carrie Fisher, and Rey (Daisy Ridley). Fisher died in 2016, but Abrams said that in a "weird miracle," he was able to piece together unused footage from "Last Jedi" to continue the beloved character's story.

"Princess Leia lives in this film in a way that's

mind-blowing for me," he said.

The director disclosed little about the plot, however.

"This movie is about this new generation, what they've inherited, the light and the dark, and are they ready?" he told the crowd.

In an interview, Abrams told Reuters that writers met with "Star Wars" creator George Lucas before they started to script the final chapter in one of the world's most-celebrated movie franchises.

The goal was "to create something that gives a sense of surprise and thrill and heartbreak, and shock and awe, but also feeling like an inevitability," he said.

The circumstances surrounding Palpatine's return remain a mystery. The character appeared to die in 1983's "Return of the Jedi." In the trailer released on Friday, the voice of Luke (Mark Hamill) says to Rey that "no one's ever really gone."

Luke also tells Rey that

"we have passed on all the knowledge," and that the fight against evil is now hers.

Ridley, John Boyega, who plays Resistance fighter Finn, and Oscar Isaac, who portrays pilot Poe Dameron, all attended the event.

But the largest ovations came for Kelly Marie Tran, who plays mechanic Rose Tico, and Billy Dee Williams, who returns to the series as con artist Lando Calrissian after last playing the character in 1983.

"Lando never really left me," Williams said.

"I got chills. I was pretty emotional from the panel leading into it, and then when the trailer kicked off, I was just so thrilled. I just can't wait."

Jon Barnes

Naomi Ackie, who joined as a new character named Jannah, said she could not confirm or deny speculation that Jannah was Calrissian's daughter.

A new droid, D-O, also rolled onto the stage, joining BB-8 and R2-D2.

Fans were delighted.

"I got chills. I was pretty emotional from the panel leading into it, and then when the trailer kicked off, I was just so thrilled. I just can't wait," said Jon Barnes. REUTERS

Aide: Trump had no knowledge of Assange arrest

2 White House adviser Kellyanne Conway on Sunday said she did not believe President Donald Trump had advance knowledge that WikiLeaks founder Julian Assange was going to be arrested by the British police and charged by U.S. prosecutors. "Not to my knowledge," Conway told NBC's "Meet the Press," when asked if Trump knew ahead of time about Assange, who last Thursday was hauled out of Ecuador's embassy in London

where he had taken refuge since 2012 to avoid extradition. U.S. prosecutors subsequently announced charges on Thursday and accused Assange of conspiring with former Army intelligence analyst Chelsea Manning to gain access to a government computer as part of one of the largest compromises of classified information in U.S. history. The Justice Department said Assange was arrested under an extradition treaty between the U.S. and Britain. REUTERS

Pelosi calls on Trump to remove Omar video tweet

3 House Speaker Nancy Pelosi announced Sunday that she has taken steps to ensure the safety of Rep. Ilhan Omar following President Donald Trump's retweet of a video that purports to show the Minnesota Democrat being dismissive of the Sept. 11 terrorist attacks. Pelosi also called on Trump to take down the video. Soon after her public request, the video was no longer pinned to the top of Trump's Twitter feed. The White

House defended Trump earlier Sunday, saying the president has a duty to highlight Omar's history of making comments that others find offensive and that he wished no "ill will" upon the first-term lawmaker. Pelosi issued a statement saying she had spoken with congressional authorities after Trump's tweet "to ensure that Capitol Police are conducting a security assessment to safeguard Congresswoman Omar, her family and her staff." REUTERS

Gillibrand raises \$3M in first quarter for 2020 race

4 Democratic presidential candidate Kirsten Gillibrand said Sunday that her campaign had raised more than \$3 million in the first quarter. Nearly two-thirds of contributors to Gillibrand's campaign are women, communications director Meredith Kelly said. Advocacy for women and victims of assault and harassment have been early themes of Gillibrand's campaign. Kelly said 92 percent of donations to Gillibrand's campaign

were under \$200. The campaign now has about \$10.2 million cash in hand, Kelly said. Gillibrand's fundraising tally trailed other Democratic contenders who have voluntarily disclosed their totals. Vermont Sen. Bernie Sanders has raised more than \$18 million; California Sen. Kamala Harris was at \$12 million. Massachusetts Sen. Elizabeth Warren has raised \$6 million, and New Jersey Sen. Cory Booker has raised \$5 million. ASSOCIATED PRESS



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NEWS

Mayor Bill De Blasio tests chilly waters for presidential run

More than three-quarters of NYC voters believe the mayor shouldn't run.

At 6 feet 5 inches tall, Mayor Bill de Blasio stands out in a crowd. But does he have any shot of standing out in the packed field of potential Democratic candidates for president?

A would-be progressive standard-bearer, de Blasio has spent the past few months exploring a run, traveling to events in early primary states including New Hampshire, South Carolina and Nevada, and appearing on "The Simpsons" and "The View."

So far, scant evidence of enthusiasm for his candidacy has emerged. He's drawn sparse crowds — or no crowds at all — at his out-of-state speaking engagements.

A recent Quinnipiac



NYC Mayor Bill de Blasio gives his autograph to Sandi O'Brien, left, of Sioux City.

AP PHOTO

University poll found 76 percent of New York City voters believe their mayor should not run.

The headlines chronicling his flirtations with the race have been snarky at best, including The New Republic's "Bill de Blasio's Embarrassing Quest for National Fame" and Vanity Fair's "Lord Help Us, Bill

de Blasio Is Still Thinking About Running for President."

De Blasio has been undeterred.

"I'm glad I could unify the people of New York City," he quipped when asked about the Quinnipiac poll. "My whole history has been as an insurgent and an underdog," he said

politics say even if de Blasio doesn't have much chance of winning, a run could raise his profile and possibly position him for a role in another Democrat's administration.

"Part of what he's doing is campaigning for a chance to be in the Cabinet or maybe an ambassador," said Mitchell Moss, an urban policy professor at New York University and onetime adviser to de Blasio's predecessor, Michael Bloomberg. "By acting as a candidate, you raise your profile politically. You're not just known as the mayor of New York, you're known as a person with national aspirations."

Term limits prevent de Blasio, 57, from running for mayor again after 2021.

"When you're term-limited and you're looking for a new job, why not try the obvious path? It's free publicity," said veteran po-

litical consultant George Arzt.

A former city councilman, public advocate and federal housing official, de Blasio was elected in 2013 pledging to fight the inequities he said had turned New York into "two cities," one rigged to benefit the rich and another impossible to navigate for the poor.

In that race he'd also been an underdog. The early favorite was City Council Speaker Christine Quinn, who would have been New York City's first female mayor. Former congressman Anthony Weiner joined the race and was briefly the front-runner until he became embroiled in another sex scandal.

Voters, though, went for de Blasio in the Democratic primary, partly on the strength of ads featuring his biracial family.

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"By acting as a candidate, you raise your profile politically."

Mitchell Moss,
NYU urban policy
professor

in an earlier TV interview.
Observers of New York



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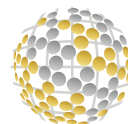
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Honduran migrants arrive in Ciudad Tecun Uman, Guatemala, in the hope of crossing into Mexico.

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Trump may be trying to make everyone 'crazy' with sanctuary cities threat: Scott

The president said on Friday he was considering the move.

President Donald Trump may have threatened to transport illegal immigrants to so-called sanctuary cities to "make everybody crazy" and generate media attention, Republican U.S. Sen. Rick Scott said on Sunday.

Trump said on Friday he was considering sending illegal immigrants to sanctuary cities, prompting U.S. mayors to accept such an offer as the battle over border security rages.

Sanctuary cities are local jurisdictions that generally give undocumented immigrants safe harbor by refusing to use their resources to help enforce federal immigration laws that could lead to deportations.

Since many such jurisdictions are Democratic strongholds, the proposal was seen by critics of Trump as an attempt by the president to punish Democrats for refusing to support funding for the construction of a wall on the southern U.S. border.

It would, however, likely encounter a slew of logistical and legal obstacles, with some legal experts and advocacy groups saying the proposal could violate federal laws, including those barring the use of government funds for political purposes.

Speaking to CNN's "State of the Union," Scott said he did not know if transporting immigrants to these jurisdictions was legal or illegal, and he suggested the president could be bluffing: "I mean maybe he's just saying this to make everybody crazy, make everybody talk about it on their shows."

Scott, a former Florida governor who was elected to the U.S. Senate in November, has generally kept his distance from Trump and criticized him in the past over immigra-

tion policies and other issues.

Frustrated by rising numbers of undocumented immigrants arriving at the southern border and a failure to get Congress to fully fund a U.S.-Mexico border wall, Trump has sought to taunt Democrats by dangling the possibility of an influx of illegal immigrants into their communities.

Scott acknowledged the president's frustration over a lack of progress on addressing the influx of migrants, but said the administration had to comply with the law.

"I'm sure the president is very frustrated because we're not securing our border. The Democrats are stopping this. But we have to comply with every law."

Late on Saturday, Trump wrote on Twitter that the United States "has the absolute legal right" to transfer apprehended illegal

immigrants to sanctuary cities, without citing evidence. " (T) his includes Gang Members, Drug Dealers, Human Traffickers, and Criminals of all shapes, sizes and kinds," he wrote.

On Sunday, White House spokeswoman Sarah Sanders told ABC News' "This Week" that administration staff had initially concluded that transporting immigrants to sanctuary cities may prove too logistically challenging, but that the White House was exploring its options because "the president likes the idea."

"We're looking to see if there are options that make it possible, and doing a full and thorough and extensive review," Sanders said. Since Democrats have said they would welcome these individuals, "everybody gets a win out of it," she added. REUTERS



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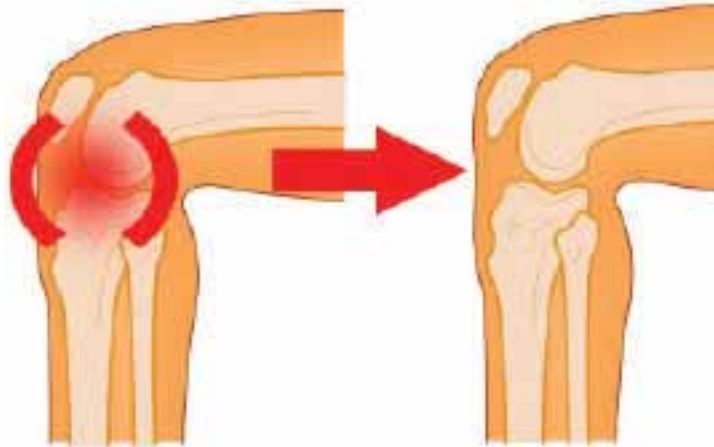
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South Bend Mayor Pete Buttigieg made his candidacy for president official on Sunday.

GETTY IMAGES

‘Mayor Pete’ joins 2020 Dem race as face of new generation

The South Bend mayor made the announcement Sunday.

Pete Buttigieg, the little-known Indiana mayor who has risen to prominence in the early stages of the 2020 Democratic presidential race, made his official campaign entrance Sunday by claiming the mantle of youthful generation ready to reshape the country.

“I recognize the audacity of doing this as a Midwestern millennial mayor. More than a little bold, at age 37, to seek the highest office in the land,” he said to cheers of “Pete, Pete, Pete” from an audience assembled in a former Studebaker auto plant.

The South Bend mayor, a Rhodes Scholar and Afghanistan War veteran who has been exploring a White House run since January, has now joined a field of a dozen-plus rivals vying to take on President Donald Trump.

“The forces of change in our country today are tectonic,” he said. “Forces that help to explain what made this current presidency even possible. That’s why, this time, it’s not just about winning an election, it’s about winning an era.”

Buttigieg will return this week to Iowa and New Hampshire, which hold the nation’s first nominat-

ing contests, to campaign as a full-fledged candidate now being taken more seriously.

Over the past few months, Buttigieg has appeared frequently on national TV news and talk shows and developed a strong social media following with his message that the country needs “a new generation of leadership.”

“That’s why, this time, it’s not just about winning an election – it’s about winning an era.”

Mayor Pete Buttigieg

Buttigieg’s poll numbers have climbed. Some polls put him behind only Vermont Sen. Bernie Sanders, who sought the party’s nomination in 2016, and former Vice President Joe Biden, who has not yet said he’s running.

Buttigieg’s campaign has raised more than \$7 million in the first three months of 2019, a total eclipsed by Sanders’ \$18 million but more than Sens. Elizabeth Warren of Massachusetts, Amy Klobuchar of Minnesota and New Jersey’s Cory Booker.

“Right now, it’s pretty fun,” Buttigieg told The Associated Press last month while visiting South Caro-

lina, where he was met by larger-than-expected crowds.

His challenge is finding a way to sustain the momentum over the long term and avoiding becoming a “flavor-of-the-month” candidate. Scrutiny of his leadership in South Bend has increased, as has his criticism of Vice President Mike Pence, who was Indiana’s governor when Buttigieg was in his first term as mayor.

Buttigieg would be the first openly gay nominee of a major presidential party; he married his husband, Chasten, last year. He would be the first mayor to go directly to the White House. And he would be the youngest person to become president, turning 39 the day before the next inauguration, on Jan. 20, 2021. Theodore Roosevelt was 42 when he took office.

The campaign kickoff speech echoed themes that have resonated with voters during Buttigieg’s exploratory phase.

He talks often about how political decisions shape people’s lives, including his own — from serving as a lieutenant in the Navy Reserve in 2014, to being able to marry his husband and not having to worry about how to pay for his father’s hospital bills after his father’s death this year. ASSOCIATED PRESS



Elite Gynecology (also known as New York Gynecology) is a division with New York Medicine Doctors Center, a multi-specialty group serving the entire Tri-State area.
WWW.NYMDCENTER.COM



Guiding women in each stage of life with compassionate care.

Dr. Tamara Guichard is adaptive in finding the best ways to communicate her knowledge to the best of her ability. Her practice specializes in vulvar and vaginal disorders including warts, STD's, UTI's, Fibroids, and vaginal infections. She provides routine gynecological care and treatment including rejuvenation procedures, colposcopy, uterine polypectomy, and fertility evaluations.

Often we shy away from asking the uncomfortable questions that we all wonder about from time to time. Questions and curiosities that can keep our minds preoccupied and distracted, or even affect our health by avoiding these topics completely. I understand this common fear and worry that many of us share which is why my approach in patient care is always an authentic and individualized experience, treating the patient first as a translator of sorts, helping me investigate the actual symptoms of their concerns.

Without this bond, we are unable to work together to provide long lasting results that treat each issue with patience and understanding. Whether our patients are coming in for a consultation, testing, evaluations, or treatment plans we seek to create an environment that is purely resourceful and educational for our patients to build a network of long and strong healthy lives. We provide a variety of expert knowledge in rejuvenation procedures and preventative solutions for concerns like endometriosis and fibroid that can be very painful and lead to other medical issues if not treated or properly monitored right away. If you suspect any concern or curious about any form of abnormality where it be hormonal, physical, or related to a specific stage in your life we encourage you to reach out and speak to one us directly as well as set up an appointment for thorough evaluation.

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My biggest message to the majority of my patients when they come in, is to be in tune with their bodies allowing us both to assess what areas in both personal life and your external life such as social or work can supplement each other and contribute to the overall state of your health.

It's important to stay up to date and review all kinds of testing and treatment plans, not just submit to an instant gratification form of treatment. Many fear the unknown and replace fear with assumptions, self diagnosing and self medicating. If we reduce the fear and simplify the process, we become closer to our bodies and realize that our bodies are not as foreign as we make it out to be.

We truly believe that caring starts with advanced resources and technologies that can give us the opportunity to pin point the issue and replenish a person's health and overall experience as a woman. Especially when it comes to a woman's sexual experience, we all deserve a healthy and safe life when it comes to our intimate expressions.

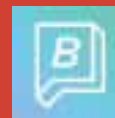
This is also why we service MonaLisa Touch which is a low energy electric therapy allowing women to have both functional and cosmetic alterations to their vagina. Especially if you feel dryness or are post menopausal, do not hesitate to come in and ask us about our minimally invasive procedures. We welcome you with open arms!



DR. TAMARA GUICHARD

Tamara Guichard, M.D. is an experienced obstetrician who provides a versatile and intuitive approach in treating a variety of medical concerns. With a background of over 10 years as a gynecologist, Dr. Tamara Guichard is experienced in helping her patients feel at ease and find the perfect customized treatment for each unique need.

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Dr. Tamara Guichard has been seen recently on Bustle for sharing her expert knowledge on ways to make OBGYN appointments less nerve-racking!

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Tornadoes kill at least 3 kids as storm sweeps US

The storms were
set to disrupt the
East Coast Monday.Deadly tornadoes twisted
through the U.S.
South, killing at least
two children as a massive
storm pressed east
on Sunday, threatening
to drench communities
from New York to Atlanta
and snarl the start of
the workweek.More than 100 million
people from the middle
of the United States to
the East Coast were at
risk of extreme weather,
facing warnings of heavy
thunderstorms and another
round of tornadoes, said
meteorologist Bob Oravec of
the National Weather Service's
Weather Prediction Center.

GETTY IMAGES

"So much of the
Eastern United States
faces the risk of severe
weather today, and that
includes major cities,"
Oravec said.Nearly 2,000 U.S.
flights were canceled or
delayed, with most of
the trouble at airports
in Dallas, Charlotte
and Chicago, accord-

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ing to FlightAware.com. Snow was falling in Chicago on Sunday, with 1-3 inches reported in central Illinois, as a result of the storm's cold front.

A total of 17 tornadoes were reported across the south from Texas to Alabama on Saturday and Sunday, Oravec said.

Two children, siblings aged 3 and 8, were killed when a tree fell on the car in which they were sitting in Pollok, Texas, said a spokeswoman for the Angelina County

Sheriff's Department.

ABC News reported two more deaths after a tornado ripped through Hamilton, Mississippi. A spokeswoman for the Monroe County Sheriff's Office said authorities were in Hamilton and could not be reached for confirmation.

Tornado warnings remained in effect on Sunday for southeastern Alabama's Barbour and Russell counties, Oravec said.

"It's still a pretty impactful day today. This morning there is a lot

of heavy rain moving through Alabama, into Georgia and eastern Tennessee. There are a few tornado warnings and heavy thunderstorm warnings," Oravec said.

Soaking rains could snarl Monday morning's commute on the East Coast before the storm moves off to sea.

"The biggest impact rush hour-wise probably will be Boston, around 7 to 8 o'clock in the morning and around New York City around 5 or 6 o'clock, before sunrise," Oravec said. REUTERS



REUTERS

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Joan Lunden, former host of Good Morning America and senior living advocate.



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Earth Day 2019

Tuesday, April 23, 2019, 12 - 6:30 pm
Union Square (North Plaza)

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- Bring your utility bill to our booth at E. 17th and Park Ave. to sign up for clean energy in just minutes and get a \$25 Visa gift card
- Environmental campaigns
- Live music and entertainment
- Kids' activities and entertainers
- Local businesses with green initiatives
- Participate in an interactive zero-waste weaving activity promoting sustainable fashion in partnership with H&M



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Brazilian President Jair Bolsonaro.

GETTY IMAGES

Brazilian president faces opposition in NY over museum event

Jair Bolsonaro is to be honored in May at AMNH.

The president of Brazil may not be a welcome guest in New York — at least, not at one event.

President Jair Bolsonaro is to be honored at the American Museum of Natural History in May, invited by the Brazilian-American Chamber of Commerce that has rented space there for its annual gala.

Mayor Bill de Blasio and some museum staff members are demanding he stay away because Bolsonaro favors mining in Brazil's Amazon rainforest, as well

as logging and fossil fuel exploration. Opponents say the New York scientific institution dedicated to preserving nature should not allow such a politician to appear there.

The museum, on Manhattan's Upper West Side, had agreed to the dinner booking before the New York-based Brazilian business organization invited Bolsonaro.

Given the space-leasing contract, the museum said in a tweet that it is "deeply concerned" and exploring its legal options.

Speaking on WNYC radio Friday, de Blasio called Bolsonaro "a very dangerous human being

because, unfortunately, he is the person with the most ability to impact what happens to the Amazon going forward."

In a statement, the museum said the event "does not in any way reflect the museum's position that there is an urgent need to conserve the Amazon rainforest, which has such profound implications for biological diversity, indigenous communities, climate change, and the future health of our planet."

The Brazilian-American Chamber of Commerce could not immediately be reached for comment. ASSOCIATED PRESS

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Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments...* especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will

help every case of back pain.

And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequency Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months... 18 months for some and some even longer. The great news is - another procedure can be safely performed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgery-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the NYC Pain MD treatments can be done in out in-office procedure suites saving you stress, time and dollars. NYC Pain MD believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every

month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at NYC Pain MD. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.



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	7			5			8	4
3					9		1	
7	6	5		2				
	8							
	4						7	9
1	5				3	4		7
		6						
								5

MEDIUM

		8		6				
2			7					
5					4	3	6	
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			1		9			
	4				2			
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9	1			8				7
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READER WRITE-INS:

HANGING OUT WITH TEDDY

Emma hanging out with best friend Teddy on a rainy day...

— Phylis, Metro US reader



metro.us/horoscopes



Aries Show everyone what you've got going for you. A presentation will lead to suggestions, connections and a chance to bring about a positive lifestyle change.



Taurus Make choices for the right reasons. If you stretch your budget or make promises you cannot keep, you will experience setbacks. Stick to what you know and do best.



Gemini Clear up unfinished business. Put your responsibilities before someone else's requests or demands. Practicing a moderate lifestyle will help you avoid getting into trouble with someone who tends to be excessive.



Cancer It's OK to be different. If you let your intuition guide you, you will come up with an interesting way to use your skills to help others.



Leo Sometimes you just have to go after what you want. Follow your heart and embrace challenges that are meant to teach you and guide you toward a better future.



Virgo You have plenty of options. Don't feel pressured to jump into something just because someone else does. Use your insight, experience and intelligence to choose the path that's best.



Libra If you find out more about your heritage, you will understand how to use your attributes to the fullest. Refuse to let anyone discourage you from striving to enrich your life.



Scorpio Take an interest in something you've never done before, or engage in talks with people who come from different backgrounds. A change will do you good and will hatch innovative ideas.



Sagittarius Emotional matters should be kept under control. If you let anger take charge, someone will use it against you. Concentrate on personal growth and self-improvement, not on trying to change others.



Capricorn Take care of domestic matters, home improvements and finding ways to lower your overhead. Get your personal documents in order and adopt a healthy lifestyle.



Aquarius Share your thoughts and offer help to someone you want to see succeed. Your input will change the dynamics of a relationship and will lead to an interesting agreement.



Pisces A professional change is apparent. If you connect with a former co-worker, you will be offered information regarding a position that interests you. Romance is highlighted. EUGENIA LAST

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LIFESTYLE

Automated investment services keep costs low and avoid conflicted advice.



NerdWallet is a personal finance website.

Robo-advisors have been around long enough that the question is no longer whether you should turn your investment decisions over to a computer. Now the question is: Why wouldn't you?

The success of Wealthfront and Betterment, two startups that helped launch the trend, led mainstream investment

companies including Vanguard, Schwab and Fidelity to add robo-advice services in recent years. Depending on the robo-advisor, you may also have access to human financial advisors, socially responsible investments and tax-loss harvesting to help reduce tax bills.

This is not, and never really was, a niche product only for tech-happy millennials. From the beginning, investors of all ages spotted the significant advantages of letting computers run their portfolios. Among them:

Robo-advisors are cheap

Robo-advisors — also known as automated financial advisors — use computer algorithms to invest your money and rebalance the portfolios as needed to meet your goals. Robos typically use ultra-low-cost exchange-traded funds and charge annual management fees of about 0.25 percent, for an all-in cost that can land under 0.5 percent.



ISTOCK

Contrast that with traditional investment costs, which can be 1 percent or even more on top of the annual management fees. It's not unusual for investors to pay 2 percent or more annually, once all costs are considered.

This is a huge deal, since costs have an enormous impact on your ultimate returns and are among the few factors you can actually control.

Let's say you invest

\$10,000 and market returns average 7 percent over the next 30 years. If you lose 2 percent to fees, your investment would grow to about \$45,000. But if your fees are just 0.5 percent, your investment could reach \$70,000.

Robo-advisors aren't conflicted

Robo-advisors won't put you in an investment that costs more or performs worse than available al-

ternatives because they'll earn a higher commission or a free trip to Aruba.

That still happens all too often with human advisors. U.S. regulators have so far resisted calls to impose a universal fiduciary standard, which would require financial advisors to put their clients' interests ahead of their own.

Robo-advisor services aren't perfect

The SEC in December 2018 announced a settlement with Wealthfront for making false statements about its tax-loss harvesting service. Tax-loss harvesting allows people to defer tax bills by selling a losing investment to offset the profit from a winning one. But buying a "substantially identical" investment too soon after selling a loser can cause the IRS to disallow the deduction. Wealthfront failed to properly monitor accounts against such "wash sales," which occurred in 31 percent of the

accounts with tax-loss harvesting over a three-year period, the SEC says.

But a quick scroll through the SEC's other enforcement actions last year show that this is far from the worst thing that can happen to an investor. From billion-dollar Ponzi schemes to stockbrokers getting paid to steer people to high-cost funds, humans pose a much bigger danger to investors.

Investment management is not financial advice

Robo-advisors may not be the best option for people who may panic and sell in a downturn. Those folks may need human financial advisers to hold their hands and talk them out of a bad decision. Also, you probably don't have access to a robo option within your 401(k) — at least not yet.

This article was written by NerdWallet and was originally published by The Associated Press.
LIZ WESTON

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'The Big Bang Theory' family



TV show sets are a dynamic and inspiring place to be.



GREGORY WAKEMAN
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It's a workplace like no other, as more than 200 highly trained and meticulous technicians, operators and staff have to be ready to instantly alter their schedules and approaches so that both the written script and moments of spontaneity can be captured and created.

When it comes to filming the final season of a show, all of the above are doubly true, as the cast and crew make sure that it goes out on a high. At the same time, though, there's an additional complication. One nobody is ready to talk about. Be-

cause the end of a hugely popular show means that everyone involved is trying to process the pain, tears and grief that come with its conclusion.

No show over the last decade has been as popular as "The Big Bang Theory," and the taping of "The Conference Valuation," the 17th episode of its 12th and final season, which Metro was recently invited to attend, was fraught with emotion — and not just from those who work on "The Big Bang Theory."

Over the course of the four-hour taping, Mark Sweet, the warm-up comic for the show, whose job it is to keep the crowd entertained and bubbling with laughs in between takes and setups, invites those in attendance to open up about what the show has meant to them.

At least a quarter of the dozen people who take Sweet up on this



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Knee Arthritis Pain?

10 Year Medical Study Reveals Knee Replacement Avoided With Newest Medical Treatment In 3 of 4 Cases

If you suffer with painful knee arthritis — science may have finally found the answer you've been looking for.

Here's why: What should be looked at as a landmark and startling study by the medical world, research published by a noted Orthopedic Surgeon in the Journal Of Knee Surgery revealed that 75% of those with Grade IV (often called "bone on bone") knee arthritis were able to avoid the surgery more than 7 years and beyond.

When doctors accurately placed FDA approved lubricating medicines using advanced imaging into almost 2000 arthritic knees (like putting oil on a rusty door hinge or automobile engine) the majority of patients actually responded well enough to avoid major and complex knee replacement surgery. But, the

procedure needs to be done by experienced doctors using the best technology for optimum technique and results.

Know this: This is an FDA-cleared REAL medical treatment that must be given by a skilled professional.

These special treatments are now available right here in NYC for Tri-State area arthritis sufferers. And many insurances, even Medicare, cover these treatments for qualified patients.

More Good News: NYC Pain MD, the NYC area's "go to" medical group for non-surgical arthritis pain management is now offering these simple, in-office treatment programs and offers a No-Cost, No-Obligation screening appointment to find out if you qualify. To speak with a scheduling coordinator about a screening appointment, just call 877-228-5490.

prepares to say goodbye

opportunity are reduced to genuine tears, while the others speak about Leonard, Penny, Amy, Sheldon, Bernadette, Raj and Howard like they are their close friends — which is exactly what they are.

Because for all the talk of “The Big Bang Theory”’s legacy and where it might place amongst the pantheon of great sitcoms, what’s undeniable is that its characters are as distinctive, original, relatable, and, from time to time, hilarious as any that have come before them.

Live and in the moment, you really understand why “The Big Bang Theory” has attracted an average of 19 million viewers per episode since its sixth season.

There’s the affection

that Johnny Galecki, Jim Parsons, Kaley Cuoco, Simon Helberg, Kunal Nayyar, Mayim Bialik and Melissa Rauch all show each other

director Mark Cendrowski notices that the rapid back-and-forth between Helberg and Rauch is the key to the opening scene. So he makes them shoot it again and again and again at

rous different quips, each of which she goes in on hard, with varying success, before finally landing the one that works.

Throughout, the nuances of Galecki’s facial movements, the improvisation of Helberg and the preci-

lecki and Cuoco take a break from filming to thank the crowd for their loyalty and devotion over the last 12 years. The raucous response and looming end date mean that the their voices repeatedly break as they talk.

That’s clearly something that everyone involved in “The Big Bang Theory” has had to get used to in its last few months and weeks. With every passing episode the hugs between cast and crew get that little bit tighter, the words exchanged more sentimental and meaningful.

But while it may hurt in the present, soon they’ll have 274 episodes to proudly look back on and boast about, all while pondering the biggest question of all: What the hell was Penny’s last name?

19M

Nineteen million people watch each episode of the series, on average, since its sixth season.

274

Number of total episodes of “The Big Bang Theory,” including its 12th and final season.

16th of May

The final episode of the series will air May 16, 2019.

24

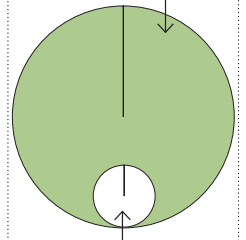
The series premiered on Sept. 24, 2007, on the CBS network.

an increasing speed that those in attendance repeatedly lap up.

Cendrowski then realizes from the crowd’s reaction that a scripted line isn’t strong enough, so he gives Cuoco nume-

GRAPH

\$900K
WHAT EACH ACTOR IN THE MAIN CAST EARNED IN 2017.



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THE MAXIMUM AMOUNT PAID PER EPISODE TO GALECKI, PARSONS AND CUOCO BETWEEN 2007 AND 2010.*

*All three actors lowered their salaries of \$1 million to match those of the other actors.

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SPORTS

Islanders continue flying, take 3-0 series lead over Penguins

The Islanders continue to stun the NHL world with their stellar play in the postseason against the Penguins.



JOE PANTORNO
joseph.pantorno@metro.us

This isn't your normal Islanders team of the past 30 years.

Barry Trotz's men continue to defy the odds and reach new heights, with a 4-1 victory over the Pittsburgh Penguins

at PPG Paints Arena on Sunday giving the Islanders a commanding 3-0 first-round series lead.

Shift by shift, period by period, the Islanders have continued to shut down the Penguins, allowing just a single goal for a second straight game this series.

It's the message that has been conveyed by Trotz and bought in by his players, including Brock Nelson — one of the four goal-scorers on the afternoon.

"We're just sticking to the process... sticking to our guns," Nelson said. "It's playing tight defense, good goaltend-



Jordan Eberle's third tally of the playoffs helped carry the Islanders to a 4-1 win. GETTY IMAGES

ing, and getting a lot of offense from a couple different guys."

Jordan Eberle stayed red-hot in the playoffs, recording his third goal in as many games this postseason, becoming the third Islanders player in the past 25 years to do

so. His tally was accompanied in quick succession by Nelson in the first period before a pair of third-period additions from Leo Komarov and Anders Lee (an empty-netter).

For a franchise that has made the mediocre commonplace, the new-

look Islanders managed to take this rare lead in resilient fashion, putting together their finest road effort in decades.

Expecting a major pushback from the desperate Penguins, the Islanders conceded the afternoon's first goal for the second straight game, a Garrett Wilson deflection beating Robin Lehner with 7:06 left in the first period.

It would be Lehner's lone blemish on the day as he stopped 25 of 26 shots his way, continuously providing a sturdy final line of defense for the Islanders' resolute unit.

"I feel calm in the net right now. I see the puck [well]," Lehner said, before giving kudos to the defense in front of him. "It's a very good offensive team. That's not easy."

The Penguins' lead lasted just 28 seconds as Eberle finished a tough-angled shot to the left of Matt Murray's goal, snapping a wrist over the netminder's shoulder and into the roof of the net.

Just 1:02 later, Brock Nelson picked up his second goal of the playoffs when he unleashed his patented wicked wrister on a 2-on-1 break past Murray to give the Islanders the lead.

"It was really big... we really stuck with our game," the captain, Lee, said. "Credit to [Eberle] for that shot and to have Brock follow up pretty quickly after that, it changed the momentum."

With the lead in hand,

the Islanders went back to work in frustrating the offensively gifted yet individualistic Penguins offense.

Sidney Crosby was held without a point yet again as he has yet to hit the scoresheet this series. His three shots on Sunday equaled the amount he had through the first two games of the season.

"It's tough," Nelson said of keeping tabs on the Penguins captain. "Lots of respect for him. Just have to play tight defensively, be smart, manage the puck, try not to give him any transition."

Following a scoreless second period, the Penguins came out with their biggest push yet as desperation temporarily replaced frustration.

While the Islanders bent, allowing some big chances, they didn't break as Komarov gave the Islanders the all-important two-goal lead with 9:23 left in the game with a wrister that beat Murray at his near post.

"They had some chances and we sort of weathered the storm," Trotz said. "We stayed with it right to the end and we got rewarded."

Lee would add an empty netter with 1:28 left to ice things and give the Islanders their first 3-0 playoff series lead since sweeping the Edmonton Oilers in the 1983 Stanley Cup Final.

"We didn't change who we were or what we wanted to do," Lee said. "We did our best to play simple hockey and to grind it out a little bit."

The Islanders have an opportunity to sweep the Penguins on Tuesday night at PPG Paints Arena, an unthinkable notion for many hockey pundits at the start of the series.

But the Islanders will be expecting even more from the Penguins.

"The fourth win is the toughest. There's a lot of pride, fantastic players on the other side," Trotz said. "We're going to do what we do. We know how to play one way. We're going to play with the desperation, detail and structure that we need."



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Game 3 | Apr 18 | 8pm Game 4 | Apr 20 | 3pm



The Nets shocked the 76ers in Philadelphia on Saturday afternoon. GETTY IMAGES

'Emotional' win shows Nets can hang with Sixers

The Nets can take a 2-0 series lead over Philadelphia tonight.



JOE PANTORNO
joseph.pantorno@metro.us

The Brooklyn Nets made an emphatic statement on Saturday afternoon, opening up the 2019 NBA Playoffs with an upset 111-102 victory in Game 1 of their first-round series against the 76ers in Philadelphia.

Normally, a single win in the playoffs isn't usually met with such satisfaction. After all, four wins are needed to move on from a best-of-seven series. But things are different for this Nets team.

The team that averaged 23 wins per year over the previous three seasons has been to hell and back in the NBA.

For head coach Kenny Atkinson, it's a gigantic step in the evolution and rebranding of the Nets.

"Now you're going to get me emotional. I don't want to get emotional," he said following the surprise victory in Philadelphia. "I don't think about that stuff. We're in such a fight.

Listen, I know we have to stay humble. I have to stay humble. So I'm not going to celebrate this victory."

Or so he claimed. "I'm sure I'm going to look back on it and be extremely happy with how far we've come, that we won our first playoff game. It's very cool. But [the 76ers] lost their first playoff game last year, too, so we're a humble group and we know how far we've got to go. Yes, I'm emotional about it, happy about it, but just got to put that in a little closet or little drawer until after the season."

He has every right to be pleased with his team's efforts.

The Nets took a 23-22 lead with 1:58 in the first quarter and never gave it back.

D'Angelo Russell's huge third quarter, which featured 14 of his team-high 26 points, helped keep the Sixers at bay just enough as they pulled to within two during the frame.

Yet it was Brooklyn's bench that was the X factor of the afternoon, outscoring Philadelphia's second unit, 59-26.

Caris LeVert had 23 while Spencer Dinwiddie added another 18 as the Nets' backcourt rotation was unstoppable.

However, one of the most important players on Brooklyn's bench was power forward and center Ed Davis, a veteran journeyman who continues to churn out productive outings for his fifth NBA team.

The 29-year-old put up 12 points, 16 rebounds and was a plus-28 in 25 minutes of play. After the win, he summed up the Nets' mindset perfectly.

"We just look at it, we have nothing to lose," he said, per the New York Daily News. "If we go out and get swept, that's what's supposed to happen, so you got that mindset that I don't care, I don't give a f-k mentality."

It might be the perfect way to approach this series as all the pressure will be on the 51-win 76ers to step up and perform like the Eastern Conference contenders that they're supposed to be.

Brooklyn will have a golden opportunity to show the NBA that it is for real tonight during Game 2 back in Philadelphia (8 p.m. ET, YES, TNT).

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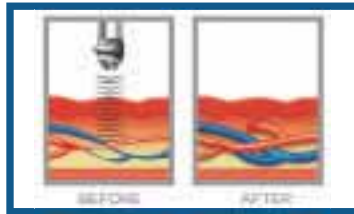


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SPORTS

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MONDAY, APRIL 15, 2019



Tiger Woods celebrates after winning the Masters on Sunday. GETTY IMAGES

Tiger makes Masters his 15th and most improbable major

Woods had gone nearly 11 years since his last major victory.

Fallen hero, crippled star, and now a Masters champion again.

Tiger Woods rallied to win the Masters for the fifth time Sunday, a comeback that goes well beyond the two-shot deficit he erased before a delirious audience at Augusta National that watched memories turn into reality.

Woods had gone nearly 11 years since he won his last major, 14 years since that green jacket was slipped over his Sunday-red shirt. He made it worth the wait, closing with a 2-under 70 for a one-shot victory, and setting off a scene of raw emotion.

He scooped up 10-year-old Charlie, born a year after Woods won his 14th major at Torrey Pines in the 2008 U.S. Open. He hugged his mother and then his 11-year-old daughter Sam, and everyone else in his camp that stood by him through a public divorce, an embarrassing DUI arrest from a concoction of painkillers and surgeries.

"WOOOOOOO!!!"

Woods screamed as he headed for the scoring room with chants of "Tiger! Tiger! Tiger!" echoing as loud as any of the roars on the back nine at Augusta National.

Woods lost his impeccable image to a sex scandal. He lost his health to four back surgeries that left him unable to get out of bed, much less swing a club, and he went two years without even playing a major. It was two years ago at the Masters when Woods said he needed a nerve block just to walk to the Champions Dinner. At that time, he thought his career was over.

Now the comeback is truly complete.

Woods won his 15th major, leaving three short of the standard set by Jack Nicklaus. It was his 81st victory on the PGA Tour, one title away from the career record held by Sam Snead.

"A big 'well done' from me to Tiger," Nicklaus tweeted. "I am so happy for him and for the game of golf. This is just fantastic!!!"

It was the first time Woods won a major when trailing going into the final round, and he needed some help from Francesco Molinari, the 54-hole leader who still was up two shots head-

ing into the heart of Amen Corner.

And that's when all hell broke loose at Augusta.

Molinari's tee shot on the par-3 12th never had a chance, hitting the bank and tumbling into Rae's Creek for double bogey. Until then, Molinari had never trailed in a round that began early in threesomes to finish ahead of storms.

And then it seemed as though practically everyone had a chance.

Six players had a share of the lead at some point on the back. With the final group still in the 15th fairway, there was a five-way tie for the lead. And that's when Woods seized control, again with plenty of help.

Molinari's third shot clipped a tree and plopped straight down in the water for another double bogey. Woods hit onto the green, setting up a two-putt birdie for his first lead of the final round. Woods followed with a tee shot on the par-3 16th that rode down the slope next to the cup and settled two feet away for his final birdie.

That gave him a two-shot cushion, and no one was going to catch him.

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SUPREME COURT
COUNTY OF QUEENS,
U.S. BANK NATIONAL
ASSOCIATION, NOT IN ITS
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BUT SOLELY AS TRUSTEE
FOR THE RMAC TRUST,
SERIES 2016-CTT, Plaintiff,
vs. JOSE MALDONADO,
ET AL., Defendant(s).
Pursuant to an Order Confirming
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May 3, 2019 at 10:00 a.m.,
premises known as 165-21
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11434. All that certain plot,
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buildings and improvements
thereon erected, situate, lying
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Block 13271 and Lot 2.
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judgment is \$408,439.04 plus
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Dennis S. Cappello, Esq.,
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SUPREME COURT
COUNTY OF QUEENS,
Vanderbilt Mortgage and
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Defendant(s). Pursuant to an
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Index # 16121/2012.
Gregory J. Newman, Esq.,
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Attorneys for Plaintiff

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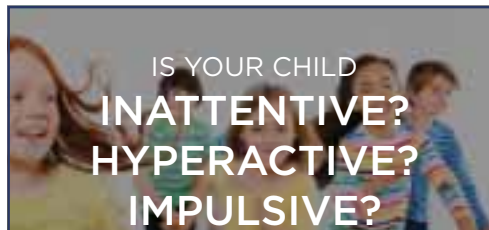
LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT
COUNTY OF QUEENS,
BCB Community Bank,
successor by merger to Indus
American Bank, Plaintiff, vs.
Mohammad A. Shah a/k/a
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Defendant(s). Pursuant to a
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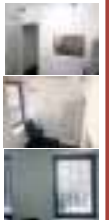
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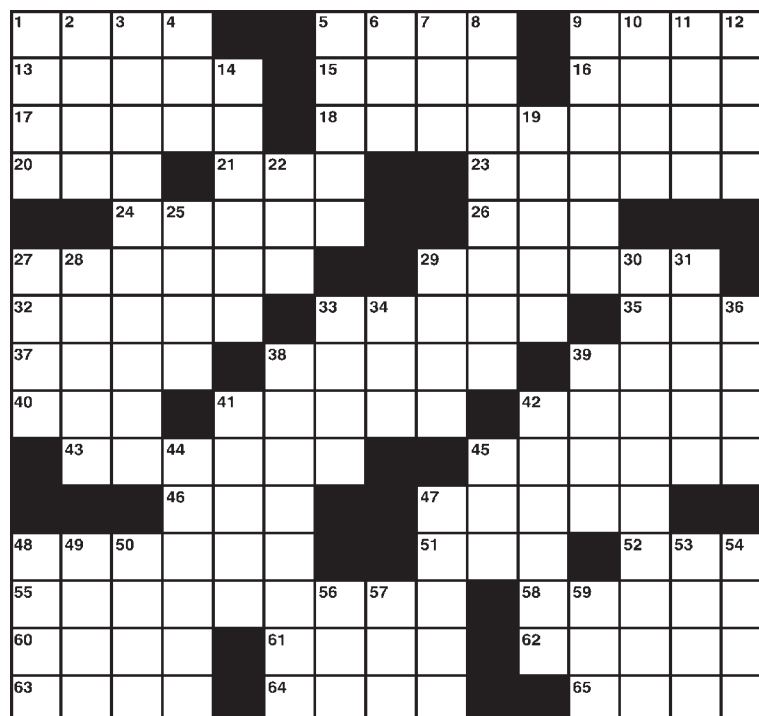
- 1 Wolf's mournful cry
5 Supervisor
9 Small store
13 Stay away from
15 Tatum's dad
16 Path
17 In a __; sort of
18 Money given to a child
20 Conjunction
21 "What Kind of Fool __?"
23 Meander
24 Stopped
26 In just a __; soon
27 "Sesame __"
29 __ hound; tracking dog
32 Ladies
33 __ Lott; former Senate Majority Leader
35 Prefix for night or wife
37 Like fine wine
38 Beverage
39 Cause of misery
40 "Peter __"
41 New drivers, often
42 Forward dive

- 43 Clobbered
45 Zodiac sign
46 __ budget; living frugally
47 __-frutti
48 Overseas
51 Wrath
52 Brooch
55 Mentor
58 Long look
60 Pennsylvania port
61 Zero
62 Private teacher
63 Refuse to accept as true
64 Voting day in the U.S.A.
65 Be flexible

DOWN

- 1 "Every cloud __ silver lining"
2 Microwave, for one
3 Sense of awe
4 Fleur-de-__
5 Pigtail
6 Cartoon Olive
7 Actor Mineo
8 White winter mound
9 Biases
10 __ over; deliver
11 "You're only young __"
12 One's equal

- 14 Benumb
19 Midsection
22 Encountered
25 "A friend in __ is a..."
27 Trade
28 Robes for Caesar
29 Franklin & Stiller
30 Set free
31 Color slightly
33 Long journey
34 "The Adventures of __ Tin Tin"
36 Stag or doe
38 Very rich & tasty
39 Tap a baseball
41 Albacore & bluefin
42 Most overdue
44 Mickey or Andy
45 Mongrel
47 Michelin products
48 __ a test; passed easily
49 Dull speaker
50 Destroy
53 Cast-__ skillet
54 TV's Urkel, for one
56 Gehrig or Ferrigno
57 1/4 and 3/4
59 Place for 3 nursery rhyme men

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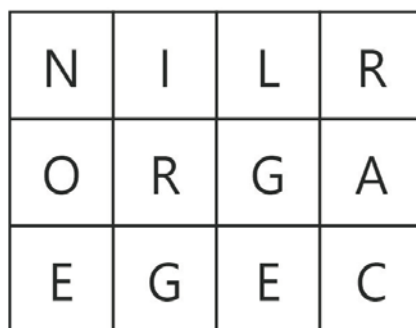
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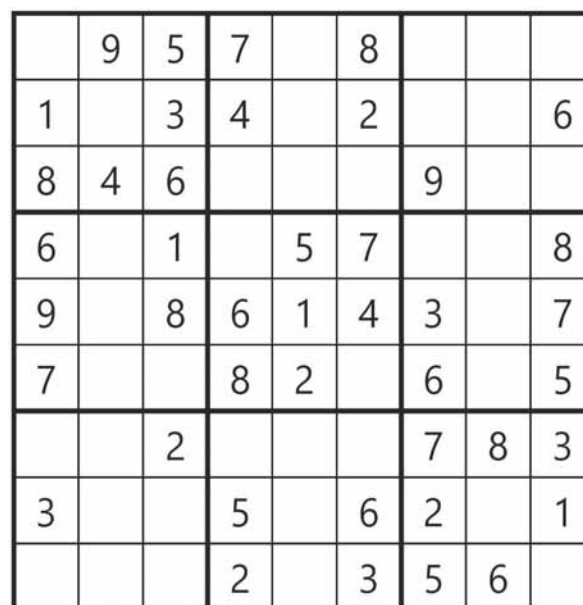
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